

# The Gold Hill News

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## ACCIDENTS

The most dangerous occupation, according to an industrial survey of New York, is window-cleaning. The chance of accident to a window-cleaner is nearly nine times as great as that which the artisan making fine machinery and instruments runs, the latter being the least hazardous occupation.

Everybody who has ever watched the window-cleaners at work on the outside of a skyscraper has shuddered at the thought of what would happen if the worker's safety-belt broke while he was cleaning the thirtieth-story windows. The belts do break, occasionally, or the cleaner's foot slips and he falls to his death.

Window-sash made with a pivoted interior frame which can be rotated so that both sides of the glass can be cleaned from inside are used in a very few buildings. They cost a little more than the ordinary kind, but in a completely civilized world their use will be compulsory.

## FINGERPRINTS

Every reader of detective stories knows that two individuals never leave the same sort of fingerprints, and that the fingerprint records of the great police departments are organized so that the imprint of any known criminal can be referred to at once.

Few realize that in the Department of Justice at Washington is maintained the largest international collection of fingerprint records in the world, comprising photographs of the finger-prints of more than 2,100,000 persons who have been accused or suspected of crime.

Some have proposed that every child's fingerprints be taken when he first enters school, and preserved as a permanent record of his identity. There are many cases in which such records would be invaluable, but we are lax about such things. Half of the states do not even keep a record of births.

## BOOKS

Not more than three or four perfect copies are known of the first book printed from movable type, Gutenberg's Bible. The United States of America now owns the finest example of this precious volume. The last session of Congress appropriated \$1,000,000 with which to buy the Vollbrecht collection of rare books, for the Library of Congress, which contains not only this famous Bible but more than 3,000 other splendid examples of the work of the earliest printers. It has been estimated that it would cost more than \$5,000,000 to duplicate this collection, if duplication were possible.

A thousand years from now men will point to these books and say: "Here are the seeds of our civilization. It began when man learned how to duplicate knowledge by printing and made it free to all sorts and conditions of men."

## RADIUM

The world's most precious metal, worth \$2,000,000 an ounce, now comes exclusively from the Belgian Congo, in Africa. Originally discovered in pitchblende ores in the Joachimsthal, Austria, radium was for a while mined commercially in Utah, but the discovery of a bed of very rich uranium ore in Africa has put the other producers out of business and enriched the prospectors who made the lucky strike.

The cost of radium is due to the difficulty of extracting it from the ore and the danger in handling it.

Radium's value is due to the fact that it is constantly changing into other substances, and in the process gives off rays and emanations. These have effects upon the human system similar to those of the x-ray. Its use in medicine is still in its infancy, but commercially, as the basis of luminous paint for the hands of watches and clocks, air navigation instruments and the like, the demand is large. A single ounce is enough to supply this industrial demand for several years, but no amount of radium as large as one ounce has ever been assembled in one place.

## COLOR

In the Middle Ages the rich merchants of Venice spent so much money in painting their gondolas in brilliant colors, trying to outshine each other, that an edict was passed by the Council of Ten that no other color but black might be used on these floating vehicles of the Venetian canals. And all gondolas have been painted black for five hundred years.

Some have wondered whether there might not be a revival of the old Venetian rivalry in the gaudy colors of modern automobiles.

The matter is one of personal taste. Conservative people and those who do not court attention will always prefer black or plain blue, while the spirit of youth and modernity will continue to express itself in gay green, yellow and red cars.

## Local School Offers Wider Range of Study

Efforts Will Be Made to Adjust Book Sales So Expense Will Be Less

The following subjects are to be offered in the Gold Hill high school in 1930-31 with a few possible minor changes due to irregular students. This year's course of study it is hoped will give a wider choice of practical subjects besides those required for graduation and those offering academic preparation, says George Meisinger, principal.

Course of Study: Biology, Elementary Science, Civics, Commercial Arithmetic, Bookkeeping, Plane Geometry or Algebra, Social Problems, Economics, English, H. S. Geography, Typing 1 and 2, Short-hand 1 and 2, American History and Latin 2.

The music department will have Mrs. Minnie Guy in charge of the singing for both the grades and high school while R. A. Botts will conduct the orchestra and give lessons to anyone interested as a part of the school work.

The state department of Education and the Institutions of Higher Learning of this state on longer require language and mathematical units for graduation or college entrance. They have substituted the requirements that the subjects of a student's choice be concentrated in suggested subject fields. The only necessary subjects are: American History, Civics and English each year in high school. The student must also earn three units in English. Satisfactory work must be done in these subjects regardless of the majors and minors earned in the subject fields.

This year's class schedule will use the long period supervised study plan in contrast to the 45 minute period commonly used. We have long conducted our high school on the assumption that study is entirely a responsibility of the pupil. The student has been expected to get his lessons for the next day as best he could. The meager supervision of study activities that has been carried on in the high schools has been almost entirely a matter of order keeping and the teacher has devoted the major of his time to lesson-hearing. As soon as the school assumes the responsibility for directing the study habits as well as the class work its task increases materially.

The coming year's schedule will consist of six periods of 60 minutes in length. Each of these long periods will be divided into a supervised study and recitation period approximately 30 minutes long. The teacher will be directly responsible for supervising the study habits of the students in their lesson preparation and this phase of the instruction is to be treated as important as the hearing of the recitations.

The effort will be made this year to conduct a book exchange and an attempt to save the parents a needless waste in the purchasing of textbooks.

Last Spring before school closed all possible used texts were collected together with the name of the owners and the price expected from its sale. It was understood that a percentage of each sale would go to the high school treasury as a profit for conducting the exchange. These books will be available for anyone wishing to procure them when school opens. This method of handling the used texts should save a loss to both the owner and purchaser when books are misplaced or destroyed during the vacation.

The new text-book problem will be handled similar to last year. Since the profit is small and no one handles school texts in Gold Hill, it is necessary for each parent to make a separate trip to an immediate city. This causes much

## Bread Claimed Best of Any One Single Food

But U. S. Public Health Service Explains That Man Can Not Live by Bread Alone

By Caleb Johnson

That "bread is the staff of life," is an old saying familiar to everybody.

It was a wise man, whose name I have been unable to find, who added, "but bread and butter is a gold-headed cane."

For the experiments in diet conducted by the United States Public Health Service, while they indicate that the nearest approach to a perfect food is whole wheat bread, fully bear out the truth which is set forth in the Bible, in both the Old Testament and the New, that "man cannot live by bread alone."

There is no single perfect food, though there are so-called "diets" and food experts who claim that all bodily needs can be satisfied by a single substance. If that were so, and we could find that substance, what a care-free world this would be! No more worry about choosing our meals, only one thing to grow to feed everybody—it would be marvelous. But that isn't the way Nature works, the men at Washington say whose business it is to keep their finger on the Nation's pulse.

There are only a few substances which contain the proportions of protein and the fuel foods necessary for human needs.

If, for instance, you eat enough beef to satisfy the protein needs of the body and eat nothing else, you will have an insufficient supply of fuel. If you eat enough beef to supply the fuel needs of the body you will take in too much protein. On the other hand, if you try to live on fruit you will have to eat about the equivalent of 35 pounds of apples to supply the necessary protein where as 9 pounds would supply sufficient energy to but there would be a shortage of protein. Baked potatoes, onions, corn, almonds, and bread approach a balanced diet, but even these fall far short. Potatoes and corn alone would have to be consumed in large quantities to meet the needs.

Taken by itself, good bread, made of whole grain, comes the nearest, perhaps of all food articles to furnishing a balanced food diet of satisfactory bulk. With bread is included a variety of flour preparations such as macaroni, biscuits, Vienna rolls, and crackers, but to try to live on these alone would be manifestly absurd.

If we cannot live on bread alone certainly we shall not be able to find any other one substance that will meet the dietary requirements of the day. It is necessary to combine high protein foods with low protein foods in such proportions as will furnish bulk, the proper nutritive ratio, and will, at the same time, suit the taste. Protein foods, are, as you know, mostly of animal origin and foods low in protein value are mostly of vegetable origin. A balanced ratio,

selected to meet all three requirements, bulk, protein, ration and taste, is likely, therefore, to contain materials of both animal and vegetable origin. At any rate it is only by means of a mixed diet that we are able to maintain satisfactory ration. For infants milk is, of course, a complete food, especially mother's milk—but as the child develops this, even does not suffice.

A large part of the malnutrition in children is due to the lack of a balanced diet. People who are unacquainted with the importance of a balanced diet often purchase food entirely on the basis of appetite or the temptations of market. Also there are those who are so poor as to be unable to buy anything but the cheapest articles to be obtained, and such persons often suffer from malnutrition.

In the case of school children the indulgence of the appetite in an excessive amount of sweets and the consequent throwing of the diet out of balance has been found to be one of the most frequent causes of malnutrition. The resort to cheap foods may lead to malnutrition through an excessive amount of starches. Starchy foods are usually the cheapest foods that can be purchased, and while good foods, should not be used to excess.

There are two serious objections to the excessive use of meat. The first objection is concerned with the chemical side. There are substances produced in the digestion of meat which may prove injurious to the cells of the body, particularly if too much is eaten. Some individuals are able to throw off these substances more easily and as a result do not suffer. Other people, however, accumulate these products in the body until they result in injury.

With the excessive use of meat a person is likely to accumulate an excess of protein. This is a danger which should not be minimized because any excess of proteins, unless burned up by physical exercise, must be thrown off from the body by the action of the liver and kidneys because the body has no way of storing up a surplus of proteins. If we take too much fat or carbohydrates we are usually able to convert some carbohydrates into fat. This is deposited in cells under the skin, and likewise should be gotten rid of by proper habits of exercise.

Most of us of sedentary habits could probably get along with much less meat than we use and most of us would probably benefit by reducing the amount of meat in our daily diet. Some people depend more upon meat than do others and in favor of meat it may be said that the proteins which are contained in meats are apparently more easily digested and more easily absorbed than are proteins contained in vegetables.

There is an old superstition that has gained much general credence. You probably have heard it said that "every part feeds a part," that is, that certain foods should be eaten for the benefit of special parts of the body. Some people believe that beef should be eaten to develop the muscles, fat should be eaten to preserve the hair, fish should be eaten for brain food, and celery for nerve food. If you stop to consider that in the process of digestion all carbohydrates are changed to simple sugars, all fats to simple soaps and glycerines, and all proteins to simple nitrogenous compounds you will see how absurd it is to claim a special value for one kind of food in connection with the building up of any special part or tissue.

## Fire Engine Now Assuming Shape

The city's new fire engine is rapidly assuming a new appearance. The new hood and cowl, drivers seat, tool box and other parts were completed the past week by Earl Adams of the Adams Cabinet Shop, in this city and the work is surely fine. The truck is back now at the Gold Hill garage where the motor is being tuned up and the tanks being placed in position. Just a few more weeks and the local department will be the proud owner of as fine a piece of equipment as any town of this size.

## SMALL GROUP OF ELECTORS VOTE NEW HEATING PLANT

At an election of the taxpayers of the Gold Hill school district, held at the school house, Saturday afternoon the board was authorized to spend \$6000 of the districts money in the building of a new heating plant. There were but 11 electors present at the meeting including the board members.

## CAUCUS TO BE HELD MONDAY SEPT. 15 TO NOMINATE TICKETS

A caucus will be held at the City hall, Monday, September 15 at 8:00 p. m. at which time candidates for the various city offices will be nominated. There are several of the present board who have declared their intentions of withdrawing from the public service so there must be some new timber found to replace them.

Prof. and Mrs. George Meisinger and daughter Patty returned Tuesday evening from Myrtle Point, Oregon where they have been visiting with Mrs. Meisinger's parents. The Meisingers were at Eugene during a great part of the summer where Mr. Meisinger had been in attendance at the University of Oregon summer school.

Mrs. Minnie Sargent was at Grants Pass Tuesday where she attended to business.

Ben Paul was at Medford Tuesday looking after city business.

## Mining Stories

We understand that a lease has been given by Mrs. Sam Chisholm on a piece of mining property she owns on Foothills Creek. The ground will be sampled and tested and if it proves satisfactory the company which holds the lease may develop it. The Chisholm property is a low grade gold property.

Mr. and Mrs. Dee Williams of Medford were in the city, Saturday looking after business. Mr. Williams is resident manager and engineer for the company which is preparing to erect the electric smelter near the city.

E. A. Coulter of Portland was in the city, Saturday looking after business at the Sylvanite mine. Mr. Coulter is one of the officials of the company which operates the Sylvanite.

Norman Stein, promoter and engineer for the Alaska Exploration Co. of Fairbanks, Alaska, which company is owned by the American Smelting and Refining Co. was a visitor in the district a few days this week. While here he looked over several properties on Foothills Creek and one at Jacksonville. Mr. Stein at the present time has the territorial rights for a new compound, which is destined to replace quicksilver in many mining camps. Mr. Stein has been at Gold Beach prior to coming to this city to try out the substance on the black sand deposits at the mouth of the Rogue River. He returned to his home in Vancouver, B. C. Wednesday.

Work at the Grant Matthews property on Foothills Creek is progressing rapidly. The mine is now held under a lease by Max Voll and he is now pumping the water from the shaft so that the property can be thoroughly sampled and prospect.

## 22 Carloads of Pears Are Shipped Here

Local Packing Plant and Rocky Point Plant Doing Much Shipping

Reports from the S. P. Company this week show that twenty-two carloads of pears have already been shipped from the local yards. Ten of the cars were shipped from the local packing plant while 12 originated from Rocky Point. The first car of pears, to be shipped to the markets from Rogue River valley was shipped by the Root & Pankey Company at this place. This distinction has gone to H. Van Hoebenber of Sams Valley in past years but this season Mr. and Mrs. Van Hoebenber were in California and made no effort to ship the early car. Mr. Van Hoebenber stated that he was loading his fruit into cold storage this year and expects to hold it for awhile until the market becomes more definite. He predicts a rise in the market about the first of the week for by that time the California clean-up stuff is off the market and the Oregon fruit will command a much better price. The fruit this year is fine looking and many of the bartletts are much larger than they were last year.

## CITY COUNCIL PASSES RESOLUTION LAST NIGHT

There was a special session of the city council last evening at the council chambers. The purpose of the meeting, we understand, was to pass a resolution congratulating the governor of our state for the stand he took on the request for power sites in this state. Just what the text of the resolution as sent to the governor, was, we were unable to learn. It was deemed important that the governor be the first to read the manuscript after the city councilmen has applied their signatures so the press was denied the privilege of broadcasting the message to its readers.

The Beaver Portland Co. has had a truck on the job the past week hauling cement into Medford to be used in paving a section of Medford's streets.

Mr. and Mrs. Clinton Walker moved to Gold Hill the past week and will make their home here in the future. Mr. Walker was the successful bidder on the school bus route up Foothills Creek.

Mr. and Mrs. Floyd Dover of Portland are spending a few days at their homestead on Evans Creek.

## CARD OF THANKS

We wish to thank our friends who have shown their sympathy to us during our recent bereavement.

Donald C. Tisdale and family  
Vaughn Quakenbush and family

## SAMBO'S PHILOSOPHY



"Prechah ax me while ago, is Ah workin' reglah fo' de Mahstah. Sho—Hits Old Miss dat keep dis po' niggah sweatin'!"



"TALK ABOUT THESE ENDURANCE CONTESTS, THERE'S FOLKS IN THIS TOWN THAT AIN'T PAID BILLS FOR FIVE YEARS."

(Continued on last page)